Colonel Keith A. Parrella was commissioned in December 1994 upon his graduation from Arizona State University with a bachelor of science in Justice Studies. He then attended law school at Arizona State University College of Law, and graduated *cum laude* in May 1998.

As a company grade judge advocate, Colonel Parrella served as senior defense counsel and senior trial counsel while assigned to both the 3rd Marine Aircraft Wing, MCAS Miramar, San Diego, California from 1999 to 2002, and with 3rd Force Service Support Group (FSSG), Okinawa, Japan from 2002 to 2005. While in Okinawa, he deployed with the 1st FSSG (Fwd) in support of Operation Iraqi Freedom II where he served as the military justice officer overseeing the prosecution of courts-martial in Iraq from September 2004 to February 2005.

In May 2006, Colonel Parrella received a Master of Laws (LL.M.) specializing in contract and fiscal law from the U.S. Army Judge Advocate General's Legal Center and School in Charlottesville, Virginia. He then reported to the Eastern Area Counsel Office, Camp Lejeune, North Carolina as a contingency contract and fiscal attorney. Between 2007 and 2008, he deployed to Camp Fallujah, Iraq where he provided contract and fiscal law support to II MEF (Fwd). In January 2010, Colonel Parrella deployed as the judge advocate with the 24th MEU on board USS NASSAU in support of Operation Unified Response in Haiti and Operation Enduring Freedom in the Gulf of Aden. While deployed, he also served as the MEU Executive Officer.

In August 2010, Colonel Parrella served as Officer-in-Charge, Legal Services Support Section, 2nd Marine Logistics Group, Camp Lejeune, North Carolina. In this capacity he supervised judge advocates and support staff charged with providing military justice support to the Marines and Sailors within II MEF and its supporting establishments.

Between July 2012 and July 2014, Colonel Parrella commanded Region 8 (Central Europe), Marine Corps Embassy Security Group, Frankfurt, Germany. As Region 8's Commanding Officer, he led Marine Security Guards posted at 19 U.S. Embassies and Consulates throughout central Europe and the Balkans. Following command, Colonel Parrella worked in the Department of Justice's (DOJ) National Security Division as a Counterterrorism Prosecutor as part of the Commandant of the Marine Corps' (CMC) Fellowship program.

In July 2015, Colonel Parrella was assigned as the Deputy Circuit Military Judge, Eastern Judicial Circuit, presiding over courts-martial at Camp Lejeune and nearby installations. In July 2017, upon selection to his current rank, he assumed the duties of Staff Judge Advocate to the 2d Marine Division aboard Camp Lejeune. In July 2018, he returned to the bench as the Circuit Military Judge of the Eastern Judicial Circuit, where he was also detailed to serve as a military judge for the military commissions in Guantanamo Bay, Cuba.